

Monday 14th September 2020

FOR PARENTS OF CLOSE CONTACTS OF COVID 19 AT ERNESFORD GRANGE PRIMARY SCHOOL

Advice for Child to Self-Isolate for 14 Days

Dear Parent,

Unfortunately, we have been notified that there has been a confirmed case of COVID-19 within the school.

We have followed the national guidance and have identified that your child has been in close contact with the affected individual. In line with the national guidance we recommend that your child now stay at home and self-isolate until Friday 25th September.

We are asking you to do this to reduce the further spread of COVID-19 to others in the community.

If your child is well at the end of the 14 days period of self-isolation, then they can return to usual activities.

Other members of your household can continue normal activities provided your child does not develop symptoms within the 14 day self-isolation period.

Please see the link to the PHE Staying at Home Guidance

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

What to do if your child develops symptoms of COVID 19

If your child develops symptoms of COVID-19, they should remain at home and you should organise a test. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119. Household contacts should self-isolate also.

If the test delivers a negative result, your child must remain in isolation for the remainder of the 14-day isolation period. This is because they could still develop the coronavirus (COVID-19) within the remaining days. Household contacts can stop isolating as long as they are well.

If the test result is positive, you are asked to inform the school immediately, and your child must isolate for at least 10 days (and until well and have not had a high temperature for 48 hours) from the onset of their symptoms (which could mean the self-isolation ends before or after the original 14-day isolation period). Household contacts should self-isolate for at

least 14 days from when your child first had symptoms, following [‘stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection’](#)

Further guidance is available on [testing and tracing for coronavirus \(COVID-19\)](#).

Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature and/or
- a loss of, or change in, normal sense of taste or smell (anosmia)

For most people, coronavirus (COVID-19) will be a mild illness.

If your child does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Yours sincerely,

Ian Taylor
Headteacher